Step-by-Step Forms for Goal Setting

I. **C.R.O.S.S. ROADS ™ Decision-making Process** - **Review the explanation of the five-step process for goal setting, general decision-making, problem-solving, and conflict resolution.**

II. **Selecting a goal may be accomplished through individual or group brainstorming with one of these Mind Maps. These have the advantage of allowing everyone the opportunity to participate and accommodate all learning styles.**

III. **Select:**

A. **an appropriate age level form for deciding on a goal.**

B. **a Goal Plan form if more detail is needed in planning how to achieve the goal.**

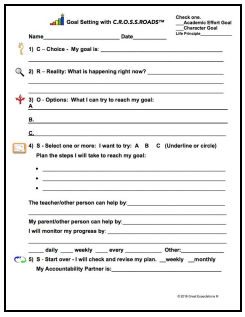
C. **A form for tracking goal progress**

D. **A form for evaluating goal progress to decide if the goal or plan needs to be revised.**

Forms for Selecting a Goal

- **Simplified Goal Setting Worksheet**

  - Use if a goal has already been selected or if analyzing a goal.


Goal Setting with C.R.O.S.S.ROADS™

Check one:
Academic Effort Goal
Character Goal
Life Principle

Name_____ Date_____

1) C – Choice - My goal is: _____

2) R – Reality: What is happening right now? _____

3) O - Options: What I can try to reach my goal:
A. _____
B. _____
C. _____

4) S - Select one or more: I want to try: A B C (Underline or circle)
Plan the steps I will take to reach my goal:
- _____
- _____
- _____

The teacher/other person can help by: _____

My parent/other person can help by: _____

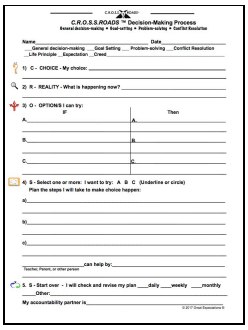
I will monitor my progress by: _____

_____ daily _____ weekly _____ every _____ Other: _____

5) S - Start over - I will check and revise my plan. __weekly __monthly

My Accountability Partner is: _____

- **C.R.O.S.S.ROADS Simplified Decision-making Process Worksheet**
  - Use if selecting a goal and a review of the consequences of the goal is desired. Includes the IF…, THEN… Especially valuable in problem-solving and conflict resolution such as setting behavior goals


C.R.O.S.S.ROADS
C.R.O.S.S.ROADS ™ Decision-Making Process
Reveal decision-making • Goal-setting • Problem-solving • Conflict Resolution
Name_____ Date_____
___General decision-making ___Goal Setting ___ Problem-solving ___Conflict Resolution
___ Life Principle ___Expectation ___Creed _____
1) C – CHOICE - My choice: _____
2) R – REALITY - What is happening now? _____
3) O - OPTIONS I can try:
IF / Then
A._____ A._____
B._____ B._____
C._____ C._____
4) S - Select one or more: I want to try: A B C (Underline or circle)
Plan the steps I will take to make choice happen:
a)_____
b)_____
c)_____
_____can help by:_____
Teacher, Parent, or other person
5) S - Start over - I will check and revise my plan ___daily ___weekly ___monthly
___Other:_____
My accountability partner is_____
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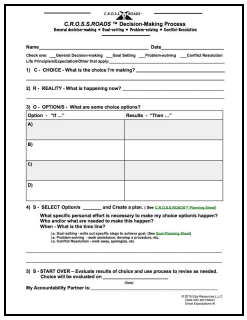
- **C.R.O.S.S.ROADS Decision-making Worksheet**
  - May be used for any type of decision-making; Includes the IF…, THEN… Especially valuable in problem-solving and conflict resolution such as setting behavior goals


C.R.O.S.S.ROADS
C.R.O.S.S.ROADS ™ Decision-Making Process
Reveal decision-making • Goal-setting • Problem-solving • Conflict Resolution
Name_____ Date_____
Check one: ___General Decision-making ___Goal Setting ___Problem-solving ___Conflict Resolution
Life Principle/Expectation/Other that applies_____
1) C - CHOICE - What is the choice I'm making? _____
2) R - REALITY - What is happening now? _____
3) O - OPTIONS - What are some choice options?
Option - "If ..." / Results - "Then ..."
A)
B)
C)
D)
4) S - SELECT Option/s _____ and Create a plan. (See C.R.O.S.S.ROADS™ Planning Sheet)
What specific personal effort is necessary to make my choice option/s happen?
Who and/or what are needed to make this happen?
When - What is the time line?
Write the specific steps to achieve goal. (See Goal Planning Sheet)
i.e. Problem-solving - seek assistance, develop a procedure, etc.
i.e. Conflict Resolution - seek ways, apologize, etc.
5) S - START OVER – Evaluate results of choice and use process to revise as needed.
Choice will be evaluated on _____
(Date)
My Accountability Partner is _____
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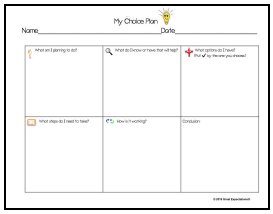
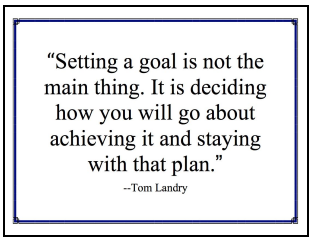
- **Choice Planning Worksheet**
  - Uses a very elementary version of the C.R.O.S.S.ROADS process; space allows for pictures to be drawn.


My Choice Plan
Name_____Date_____
1 What am I planning to do?
2 What do I know or have that will help?
3 What options do I have? Pick 1 or 2 by the one you choose!
4 What steps do I need to take?
5 How is it working?
Conclusion

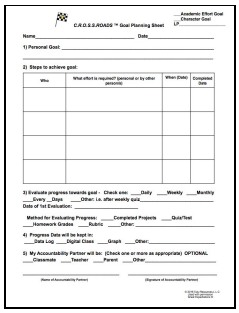
"Setting a goal is not the main thing.
It is deciding how you will go about achieving it
and staying with that plan."

- Tom Landry


"Setting a goal is not the main thing. It is deciding how you will go about achieving it and staying with that plan."
--Tom Landry

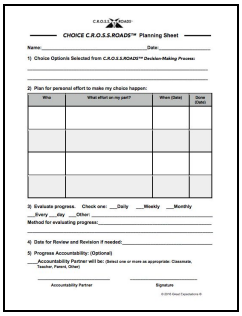
Forms for Developing a Plan for Achieving a Goal

- **Goal Setting Planning Sheet - This document is specifically for detailed planning for goal setting.**



- **Choice C.R.O.S.S.ROADS Planning Worksheet**

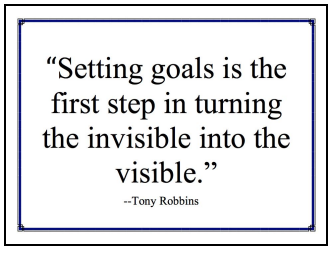
  - Use this document for detailed planning on the personal effort necessary to carry out any choice.



"Setting goals is the first step in turning

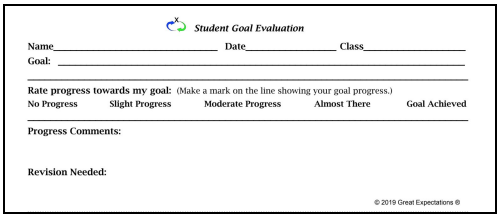
the invisible into the visible."

- Tony Robbins



Forms for Evaluating Progress Towards Achieving a Goal

- **Student Goal Progress Sheet 1 - This sheet has 3 goal progress sheets to a page that may be cut apart for use with multiple students.**



Student Goal Evaluation

Name_____ Date_____ Class_____

Goal: _____

Rate progress towards my goal: (Make a mark on the line showing your goal progress.)

No Progress Slight Progress Moderate Progress Almost There Goal Achieved

Progress Comments:

Revision Needed:

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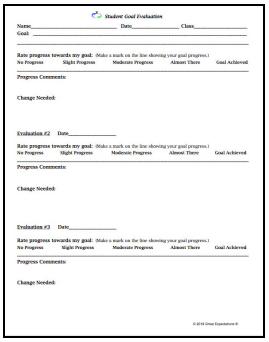
- **Student Goal Progress sheet 2 - This sheet may be used by an individual student to make 3 progress evaluations for a single goal.**



Student Goal Evaluation

Name_____ Date_____ Class_____

Goal: _____

Rate progress towards my goal: (Make a mark on the line showing your goal progress.)

No Progress Slight Progress Moderate Progress Almost There Goal Achieved

Progress Comments:

Change Needed:

Evaluation #2 Date_____

Rate progress towards my goal: (Make a mark on the line showing your goal progress.)

No Progress Slight Progress Moderate Progress Almost There Goal Achieved

Progress Comments:

Change Needed:

Evaluation #3 Date_____

Rate progress towards my goal: (Make a mark on the line showing your goal progress.)

No Progress Slight Progress Moderate Progress Almost There Goal Achieved

Progress Comments:

Change Needed:

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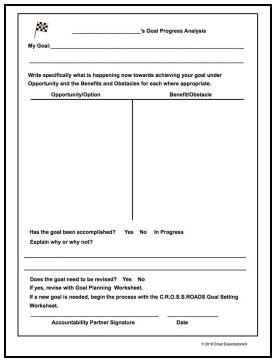
- **Goal Progress Worksheet - This sheet allows for a more detailed evaluation of goal progress giving opportunities/options and benefits/obstacles.**



_____'s Goal Progress Analysis

My Goal: _____

Write specifically what is happening now towards achieving your goal under Opportunity and the Benefits and Obstacles for each where appropriate.

Opportunity/Option Benefit/Obstacle

Has the goal been accomplished? Yes No In Progress

Explain why or why not?

Does the goal need to be revised? Yes No

If yes, revise with Goal Planning Worksheet.

If a new goal is needed, begin the process with the C.R.O.S.S.ROADS Goal Setting Worksheet.

Accountability Partner Signature Date

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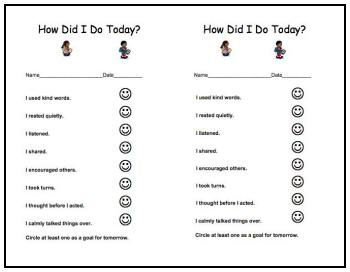
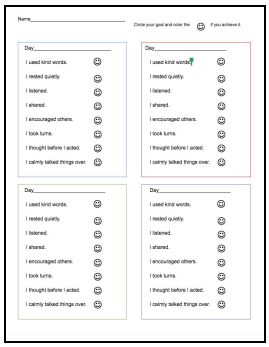
- **How Did I Do Today? #1: PreK – 1 –**
  Self Reflection and Goal Setting Sheet (2 to a page)

  Option: Have student circle one of the behaviors as his/her goal and evaluate progress by coloring in either partially or completely.

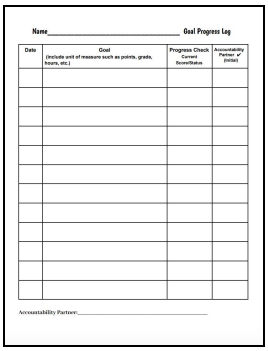


How Did I Do Today? #2: PreK-1 - Self Reflection and Goal Setting Sheet. (4 to a page)
A student may use this one sheet to track goal progress over a period of days.

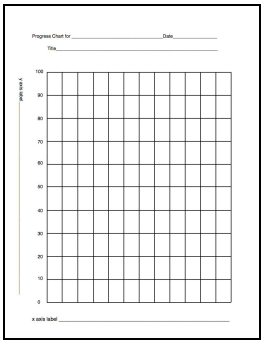


Forms for Tracking Goal Progress

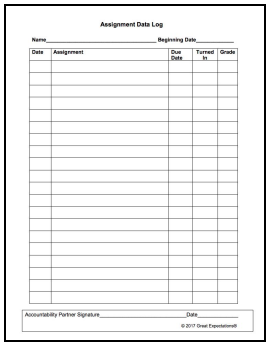
- **Goal Progress Log - This document is for students to keep track of individual goal progress**



- **Progress Chart** - **U**se this to chart academic progress on a bar graph



- **Assignment Data Log** – **A**ssignment log sheet



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